

# From Your Farmer

by Gianina Padula, Sodexo Dietetic Intern

## May Seasonal Produce

During the month of May, fruits and vegetables that are in season include **artichokes, asparagus, cherries, radishes, strawberries, rhubarb, swiss chard, and zucchini**. Visiting local orchards to pick some of these yourself is a fun activity that supports your community and allows for fresher produce.

## Featured Recipes

### Greens and Beans

Serves 4

Swiss chard is a unique leafy green with a hearty texture, making it perfect for stews, soups, or sautés. This recipe for greens and beans can serve as either a side or a main dish!

#### Ingredients:

- 1 medium onion, chopped
- 1 bunch of swiss chard, chopped
- 1 can of white beans
- 2 Tbsp olive oil
- 2 tsp minced garlic

#### Directions:

1. Heat up olive oil in a stove top pan over medium heat.
2. Add minced garlic and onion. Sauté until onion is translucent.
3. Add the swiss chard and beans (including liquid). Stir until softened, and add a small amount of water if needed.



# Featured Recipes

## Chocolate Cherry Smoothie

Serves 2

Smoothies are refreshing treats packed with nutrients!

This cherry smoothie is rich in antioxidants, vitamin C, and fiber. These factors can help you work toward a healthier immune system and improve your digestion. Cherries in particular have been associated with improved heart health and exercise recovery. Try this for your next snack!



### Ingredients:

- 3/4 cup frozen cherries
- 1 frozen or fresh banana
- 1 1/2 cups of milk or alternative
- 1 Tbsp cocoa powder

### Directions:

1. Place all ingredients in a blender and blend on medium speed until smooth.
2. Once there are not any more chunks, divide the smoothie into two cups. Enjoy!



## Strawberry Balsamic Salad

Serves 4

Strawberries are great for both your skin health and immunity, given their high content of collagen-building and anti-inflammatory vitamin C.



This salad is sure to be a hit at your next summer gathering!

### Dressing Ingredients:

- 3 Tbsp extra virgin olive oil
- 1 Tbsp balsamic vinegar
- 1 tsp dijon mustard

### Salad Ingredients:

- 1 head of romaine lettuce
- 1/2 container of strawberries, diced
- 1/2 red onion, diced
- 1/2 cucumber, diced
- 1 avocado, diced

### Dressing Directions:

1. Combine the oil, vinegar, and mustard in a small mixing bowl or cup to form the dressing.

### Salad Directions:

2. In a large mixing bowl, combine all other ingredients and stir in dressing until thoroughly coated.